

PREVENTING EMOTIONAL MELTDOWN  
Overcoming Emotions that Destroy

**GOD'S SOLUTION FOR MAN'S DEPRESSION**

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By Jim Craddock

*Preventing Emotional Meltdown:  
Overcoming Emotions that Destroy  
God's Solution for Man's Depression*  
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*Never underestimate what God can do through  
the human heart fully committed to Him.*



# INTRODUCTION TO EMOTIONS

Life was not supposed to be the way it is today. In the beginning, emotions were simply a reflection of the indwelling presence of God. In the Garden of Eden, Adam and Eve were to be spared of experiencing the terrible, debilitating affects of what I call “renegade emotions.” Their emotion spectrum consisted of *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrated the dynamic image of God within.

Renegade emotions did not come with God, they came with the Fall. They are a product of a nature now turned against God and permeated with an exceedingly powerful and evil force called sin. Not only did this turn Adam and Eve’s world upside down, but turned their emotions inside out. Instead of being master over their emotions, they became the victims of them.

So powerful are these emotions, man is no longer ruled by his reason, but rather by his emotions. Renegade emotions do not enhance a person’s life, they blackmail and destroy. Don’t take my word for it, just ask those who are suffering from the terrible blackness of despair that depression brings, or the excruciating pain that runaway anxieties produce.

We are guided and dominated by our emotions rather than our reason.

Satan delights in marginalizing the Christian through destructive emotional patterns. He did his best in trying to disable the great English preacher, Charles Hadden Spurgeon through depression. He attempted the same with Amy Carmichael, God’s worker for the children of India. No one is immune to these insidious emotions.

Of course, Satan wasted no time in developing an extensive, pervasive system to address the very problems he himself had created. To marginalize anyone from trusting God to heal and deliver them from these devastating renegade emotions, we find man attempting to do through secular means that which God does through spiritual means.

## **GOD’S THERAPIES THE WORLD MISSED!**

The Prophet Jeremiah wrote these poignant words of God, “*Is there no balm in Gilead? Is there no physician there?*” (8:22a).

It is important to emphasize doctors are necessary when illnesses strike. When I have my reoccurring kidney stone attacks, I don’t call the local shrink; I head to the hospital for a bucket full of morphine. I might add God has gifted this nation with the most astounding medical science in history. God doesn’t disparage or condemn a Christian for going to a doctor or a counselor. Being a physician or a professional practitioner is both a high calling and an equally high responsibility.

Now many Christians also feel it is wrong to take medication, especially for the renegade emotions. They think it shows a lack of faith or else they feel it is just plain wrong. This is not true. There are times that medication is necessary. If I didn’t put drops in my eyes three times a

day, I would be totally blind. Without my high blood pressure medication, I would be flirting with a stroke.

So having said this, I would also say with equal firmness, we cannot allow the medical field to replace our faith in the sufficiency of Christ and His Word. That is a very real danger. In our day and age, we only begin to rush to God in prayer when the physician says there is no hope.

Believe me, there is no better therapy than the Spirit of God working through the Word of God, so the Son of God can do in our lives what cannot be done otherwise. The Bible deals with the renegade emotions and has done so before psychology or psychiatry ever came into existence.

God heals today! Often through the expertise of a doctor and just as often through an act of faith, He is our Balm of Gilead. As we trust the Spirit of God to work through a physician, so we must also trust the Spirit of God to work as only He can in the healing of our spirit, soul, and body.

### **EMOTIONS AN OVERVIEW**

As most of us have experienced, emotions can be messy, debilitating, and dangerous. What can we do when our emotions run wild and threaten to overwhelm us? Worse, what happens when we lose control of our emotions and they begin to dominate us? These and other questions we will address in our *Preventing Emotional Meltdown: Overcoming Emotions that Destroy* series which are “*God’s Solution for Man’s Anger*,” “*God’s Solution for Man’s Anxiety*,” “*God’s Solution for Man’s Depression*,” “*God’s Solution for Man’s Fear*,” and “*God’s Solution for Man’s Guilt*.” You can obtain these books at [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

The spectrum of human emotions is like a kaleidoscope, many colored and ever changing. We live in an emotionally charged world – emotions, not reason, govern our behavior. Billions of dollars are spent yearly by the marketing industry in its quest to manipulate our emotions. The medical field has undergone a paradigm change reflecting the demands for a quick fix and a feel good life. This has forced doctors to deal with symptoms rather than causes, with emotions rather than facts.

### **THE NATURE OF EMOTIONS**

God wired us as emotional creatures. Unfortunately, our first parents’ short-circuited the system. Before Adam pulled his foolish mistake, emotions were positive, helpful, edifying, and satisfying.

As previously mentioned, after the Fall, a whole host of negative and harmful emotions arose. These renegade emotions are aggressively destructive such as anger, anxiety, depression, fear, guilt, and hatred. These emotions have the ability to blackmail us and hold us captive. Either we conquer them or they could conquer us!

The Bible gives us an account of the first case of renegade emotions - guilt, fear, and dread. Adam, along with Eve, believed the devil’s lies as God’s truth and God’s truth as the devil’s lies and in so doing got snake-bit (Genesis 3). They knew they had transgressed God’s explicit commands and were, in fact, guilty. Because they were guilty, they, for the first time ever, experienced fear – they were afraid of God. It was fear that caused them to hide from God, their

love of God had become the dread of God, for they feared the punishment that was to be meted out.

Basically, emotions tell us what we feel is right or what we feel is wrong, a case of pleasure vs. pain. Emotions are the means that both body and mind communicate to us. They are messengers. This is why it is so important to ask ourselves why do we feel the way we feel? There is a reason we feel the way we do. However, it is also important to realize our negative emotions can be organic in nature. In other words, emotions might be telling us there is a physical problem.

Emotions are messengers.

### **CASE HISTORIES**

A wife came in and wanted me to tell her how she could have her husband's head on a platter. From what she related to me, he was worthless, useless, baseless, the meanest, orneriest, and most miserable human being ever to set foot on planet earth.

I asked her when the last time she had a medical checkup. Never! I suggested she go to her family doctor and make certain everything was in order. It wasn't. Six months later she called and thanked me for saving her marriage. "But I didn't do anything," I protested. "You sent me to a doctor and he discovered I had a very serious case of blood-sugar imbalance. It has changed my life," she went on to say, "I have the most wonderful husband in the world!"

A husband brought his frazzled wife in. She looked like she had grabbed ahold of a hot wire. Her hair all but stood straight up. Here was a bomb with a very short fuse. I think every emotion of the human spectrum were at overload. She was afraid she was crazy. He was convinced she was! It turned out though that it wasn't her nerves, but her thyroid. The thyroid was fixed and she was fixed.

A doctor's wife came in. "Don't tell me I am entering into early menopause," she declared. "I have checked with two of our doctor friends and they assure me I am not. What do you think my problem is," she asked. "Early menopause," I replied. Explosion!!! Later, she called and admitted I was right. Her doctor friends were just trying to be polite. When hormones go crazy so does the person.

Often haywire emotions are the result of an organic problem, one that needs medical attention. I have met with people who were convinced they were going insane only to find that there was an imbalance or hormone deficiency. Post-partum depression is frequent, blood disorders usually show themselves through emotional upheaval. Don't rush to judgment.

So, how do we keep our emotions in check, and what do we do when we can't or won't? The sense of losing control of our emotions is devastating.

### **OUR HELPER**

Remember, you cannot conquer your emotions yourself, you must put the Spirit of God to work and allow Him, through you, to overcome your renegade emotions. We have the Holy Spirit to

help us express our emotions in a healthy way: in a way that frees us from bondage to our renegade emotions and allows us to honor and express God's heart and character.

Our emotions are not to be the authority of our lives. We are to recognize our renegade emotions as indicators to connect to the Father's heart. He will cause us to examine where the Holy Spirit is urging us to appropriate His truth in bringing about healing from the chaos of damaging emotions.

It is God who replaces our renegade emotions with the Spirit-filled emotions that are *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrate the dynamic image of God.

May what you learn move you to a closer intimacy to Jehovah Rapha, the One who heals, because Jesus Christ has, indeed, given us everything for life and godliness (2 Peter 1:3).

God bless you as you undertake a wonderful adventure.



# GOD'S SOLUTION TO MAN'S DEPRESSION

## DEPRESSION HAS NO BIAS

When it comes to depression, there is a factor that most have overlooked. Yet, it holds the key to overcoming much of depression. What I am about to share with you is not new. Rather, it is quite ancient but very much apropos today. It came from a man who battled persistent depression and overcame it. His name was David and he was a king.

Of course, position does not inoculate anyone from depression. In fact, depression has no racial bias, nor is it a respecter of persons. It seems to strike at random, picking its victims as it will. The cloud of emotional darkness begins to fall and nothing seems to stop it. It travels on a greased slide. Read what one victim said,

“Some people slide slowly into the quicksand of depression. I was propelled down a long slick chute where I could grasp nothing to stop the swift descent.

“One January day, I found myself in the kitchen with my hands in dishwater and tears cascading down my face, not even knowing why I cried. Next thing I knew, my once lively mind grew fuzzy, incapable of the least decision. In the supermarket, a choice between peas and beans put me into a panic. If a friend spoke to me, I couldn't connect face with name, and would stammer or flee. I gave up driving, fearful my reflexes would fail me.

“If the phone at home rang, I did not answer. At the sound of a car in the driveway, I would hide, shaking, huddled behind a chair or bed. I found myself unable to break free of a leaden lassitude, until simply sitting in a chair, looking not through but at a window, siphoned off the hours of the day.

“After weeks, months, I became obsessed with the only way out: death. Erasing my horrid self was – to my depressed mind – all I had left to give my family.”

Depression is no picnic! It is incredibly debilitating. This renegade emotion is a vicious enemy and one Satan uses with great satisfaction. The question we must ask, “Does the Bible address depression? The answer is, “Of course it does!” God's Word is our textbook on man – He created us and He knows how to fix what is wrong.

## DEPRESSION DEFINED

I find it fascinating that people in antiquity felt that if they could name something it would give them power over it. In some circumstances, people would not give their names because they felt that it would put them at a disadvantage with another person. To know a person's name was to create a special relationship, a type of ownership. To know a person's name was to establish a covenant relationship with them. The psalmist says, “*And those who know Your name will put their trust in You, For You, O LORD, have not forsaken those who seek You*” Psalm 9:10. Obviously, the meaning of “name” for them meant “to know them personally.”

This propensity of man to name things so that he can understand it and control it continues unabated today. We all want to “get a handle” on things, as it were, so we name them, we define them. Naming or defining things is necessary in communicating. It allows us a point of reference and mutual understanding of the topic under discussion. With this in mind, let us give a definition to depression, based on evidence in the Bible.

Depression is the consequence of wrong responses to life events which remain unresolved in a person’s life – the inevitable result of a broken and crushed spirit - and is characterized by an increasing sense of hopelessness.

To put it as simply as possible, depression is the soul’s (our mind, will, and emotions) response to a broken and crushed spirit. Yet, there are several things that are of importance to use in our larger definition:

1. Depression is a consequence. I mean by this that depression is the result of something else. The “something else” is the cause, while depression itself is the effect, the consequence of the “something else.”
2. And this is crucial to our understanding of Biblical depression. Depression is due to wrong response to the “something else” (life events). Wrong response insures there will be no true resolution to them.
3. The “something else’s” are in the form of life-crises. These things might be insignificant in and of themselves, but coupled with time and other events, they amount to a critical mass - a crisis.
4. The unresolved crisis, coupled with wrong responses, eventually breaks and crushes the spirit. When the spirit is broken and crushed, depression occurs. When life-events or the constant demands of people or the pain of inner turmoil exceeds one’s ability to control them, the normal tolerance level to stress is surpassed, and the spirit is broken and crushed, resulting in depression.

To illustrate our definition, let us look at Psalm 69:20a, “*Reproach has broken my heart and I am so sick.*” Here we see that David is so depressed that he is physically ill. He says that “*reproach*” has broken his heart. Reproach means “scorn, to shame, to humiliate, to taunt, and curse, to heap abuse upon, to rebuke, to disgrace.” Because there was no resolution to the stress he was facing, David finally broke under it and became depressed.

Job gives us another example. He wrote concerning the verbal assault of his three counselors, “*How long will you torment me and crush me with words?*” (19:2).

What these examples are saying is that, unless there is some resolution of the “crisis” involved, at some point in time depression occurs.

## THE BIBLICAL PATTERN OF DEPRESSION

The Bible reveals a distinct pattern to depression--a thread, as it were, that runs through every case of depression found in the Scriptures. It is the same pattern I find so often in dealing with those who are depressed.

In Psalm 73, the psalmist articulates this pattern quite succinctly. Here we find four explicit phases in the downward spiral to depression. The first phase is life-events and our response to them. In verse 3, we find that the psalmist is envious of the prosperity of the wicked. His response (envy) was wrong to the life-event he was witnessing (the wicked prospering).

Wrong responses to life-events trigger the next phase in this downward spiral to depression--that is, the victim mentality. This victim mentality can be, and often is, devastating, for it unleashes unchecked self-pity, and nothing will deflate the buoyance of the spirit quicker than self-pity. Too, the victim mentality mind-set allows for and encourages wrong responses to life events. This is what happened to the psalmist in verse 13.

The victim mentality is the breeding ground for the third phase leading to depression, that of questioning God. The minute a Christian begins questioning God, he or she casts doubt on the trustworthiness of God. This shakes the very foundation of the Christian faith-system and leads quickly into the final phase of this down spiral, that of depression itself.

There you have it. **Wrong responses** lead to a **victim mentality**, which causes one to question God, which leads to **depression**. If you look at the lives of Jonah, Moses, and Elijah, you will find this pattern at the root of their depression. If you are suffering from depression you might analyze your own depression, for you could well find that it is the same pattern in your life.

Responding biblically is crucial. Wouldn't it be wonderful if we always responded correctly to life-events? However, we don't, and it is at this point we need to learn how God would have us respond. The psalmist fell into the trap of comparing his circumstances with the ungodly. His response was one of envy. Comparison is a deadly disease. We always come out second best when we compare ourselves or our situation with someone else's.

Learning to respond correctly to life events is a godly habit that gets easier with the doing of it. This is where the Bible is at its best, giving us a pattern to follow in responding correctly to stressful situations.

As we can see in verse 17, the psalmist **responded Biblically** to his depression by entering the sanctuary of God.

No matter what or who we face, there is one great truth that must be absorbed and acted upon. It is the fact of **God's continued presence in our lives** despite the circumstances we face. It is this truth of His constant presence that forms the foundation for the pattern of right responses.

*"Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you'"* Hebrews 13:5, English Standard Version.

Regardless of how you feel or how you might interpret the circumstances you find yourself in, God has promised never, no never, no never, to leave you. He is the God who is always there. Building upon this truth, we must accept the fact that everything that happens to us is part and parcel of God's purpose for us. It is through the testings inflicted upon us that one of the greatest of Christian virtues, that of endurance, becomes our own. This is the meaning of James 1:2-4. This thought is echoed by Philippians 2:13 and Ephesians 2:10.

Because God is working in our lives, whatever happens to us, we are to respond by the giving of thanks. This is Paul's command to us, "*In everything give thanks; for this is God's will for you in Christ Jesus*" 1 Thessalonians 5:18. When we give thanks, it means we are releasing the situation to the Lord. We are turning it over to Him.

Finally, in responding to life events, we are to respond in faith based upon the truths of Scripture. Without faith it is impossible to please God (Hebrews 11:6). All of God's promises are true, but they fail to have full effect in our lives until we put our faith in them (Hebrews 4:2).

So, the pattern of right response to life events is:

1. We recognize His **presence**.
2. We receive His **purpose**.
3. We release the situation to the Lord through expressing our **thanks**.
4. We **respond** in faith to His presence and promises.

Two passages in Scripture reveal God's alternative. First, we find in Psalm 9:10 that those who **know** Him will put their faith in Him. Therefore, knowing God is of the utmost importance. Second, Deuteronomy 12:5 (and this is repeated 72 times in the Bible) speaks of **seeking** God. Seeking God is looking for God in all of life's events, knowing that He cares (1 Peter 5:7) for you! Of all that the New Testament says of God, it says most that He is Love. No matter what happens to you, God's love will sustain you through it all.

As our faith and trust wane, we fall prey to this insidious renegade emotion of depression. Certainly, it can be overcome and you can be victorious over it, but you must go back to your responses to life-events and make certain that they are correct.

The Psalmist had a handle on depression. Read what he says, "*You will not be afraid of the terror by night, or the arrow that flies by day; of the pestilence that stalks in darkness, or of the destruction that lays wasted at noon*" Psalm 91:5-6.

Depression is not some 20th Century affliction. It has been around as long as man has been in existence. Job suffered from depression. And, what is astounding is that ever since the symptoms were first recorded, they have remained the same. In both the Old and New Testament times, depression was called "the noonday sickness," because it immobilized during the day (Psalm 91).

In the Christian era, after the institutionalization of the Christian religion, as early as A.D. 495, John Cassia identified what we call depression as "the spirit of acedias." He noticed the loss of initiative, the increase of helplessness, the agitation, the inability to work, the sleeplessness,

and the feelings of hopelessness that we usually associate with the clinical syndrome of depression today."

Another astounding fact is the number of men of the Bible who suffered from depression, Moses, Elijah, Jonah, Jeremiah, David, Peter, and Paul. The Bible has a great deal to say about depression, and what it has to offer is God's solution to man's problem of depression!

Take, for example, David. He suffered terribly from depression. Listen to what he had to say: *"Be gracious to me, O LORD, for I am in distress; my eye is wasted away from grief, my soul and my body also. For my life is spent with sorrow and my years with sighing; my strength has failed because of my iniquity, And my body has wasted away. Because of all my adversaries, I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me"* Psalm 31: 9-11.

Moses was suicidal, so were Elijah, Jonah, and Jeremiah. Moses wrote, *"I alone am not able to carry all this people, because it is too burdensome for me. So if You are going to deal thus with me, please kill me at once, if I have found favor in Your sight, and do not let me see my wretchedness"* Numbers 11:14-15.

Elijah said, *"It is enough; now O Lord, take my life; for I am not better than my fathers"* 1 Kings 19:4b. Jonah begged with all his soul to die, saying, *"Death is better to me than life"* Jonah 4:8b! And Jeremiah said, *"Cursed be the day when I was born"* Jeremiah 20:14b.

Paul wrote in despair, *"Wretched man that I am! Who will set me free from the body of this death"* Romans 7:24? Peter warned, *"In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials"* 1 Peter 1:6.

Is there any help? Is there any hope? Of course! Don't think for one moment that our Father, who is intensely interested in our welfare as His children, will abandon us to our own resources. He has the answers -- HE IS THE ANSWER!!!

*"Keep me safe, O God, for I have come to you for refuge. I said to the LORD, 'You are my Master! Every good thing I have comes from you.' The godly people in the land are my true heroes! I take pleasure in them!"* Psalm 16:1-3, New Living Translation (NLT).

*"Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit"* Romans 15:13.

I am certain everyone who goes through this course will have their own understanding of depression. However, if we are to understand depression from the Biblical perspective, we must first come up with a Biblical definition of it. So, regardless of what you might think depression is, the Bible teaches that:

Depression is a symptom of unresolved crisis in a person's life –  
the inevitable result of a broken and crushed spirit,  
and is characterized by an increasing sense of hopelessness.

Observe that I have called depression a symptom. It is not a cause or the cause, but rather the result of unresolved crises in one's life that result in a broken spirit. Depression occurs when the human spirit is broken, and unless the causes of depression are dealt with, there is an ever increasing sense of hopelessness and helplessness.

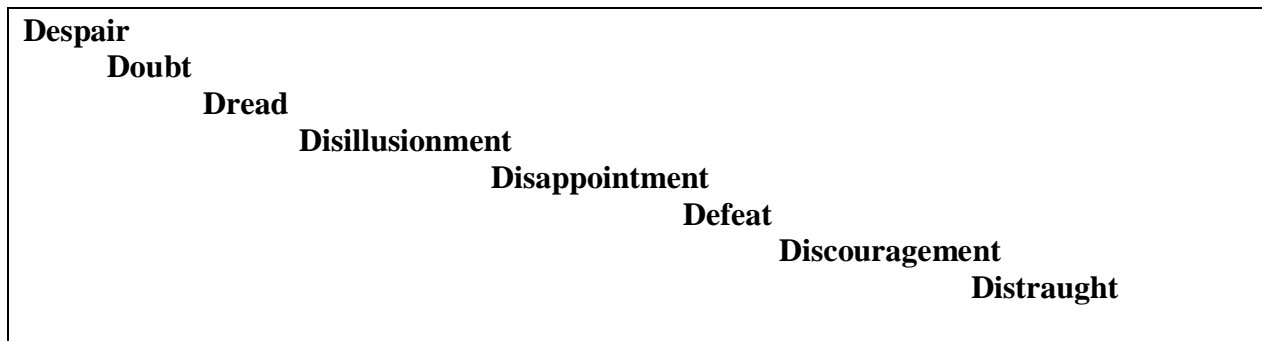
David wrote, *"The Lord is near to the brokenhearted and saves those who are crushed in spirit"* Psalm 34:18. His son Solomon observed, *"But when the heart is sad, the spirit is broken"* Proverbs 15:13b. *"But a broken spirit dries up the bones,"* Proverbs 17:22b and *"But as for a broken spirit, who can bear it?"* Proverbs 18:14b.

*Broken* is an interesting word. The Hebrew word is *shabar* and means to break, crush, or shatter. David said, *"Reproach has broken my heart, and I am so sick"* Psalm 69:20a. One commentator, speaking of this passage, said, "...there is connected a stricken, broken, downcast heart; the spiritual functions of the man are paralyzed; self-confidence, without which energetic action is impossible, is shattered..."

We can see David's spirit was broken; he was shattered! It is important to realize when the circumstances of life or the demands of people exceed our ability to control them, the normal tolerance level of stress is overcome, and the spirit is shattered, resulting in depression!

When I speak of a broken or shattered spirit, I am saying something has gone wrong on the inside. The human spirit, which is the critical part of man, the essence of our nature, has malfunctioned. Instead of the human spirit being in authority, some life event has allowed a renegade emotion to run amuck, causing untold damage as it attempts to gain control.

As we take a closer look at some of the characteristics of a broken spirit or depression from the Biblical perspective I would say that the defining characteristics of depression are represented by the **TERRIBLE "D's"**



The following is not an exclusive list, but it demonstrates graphically the authors of the various books of the Bible had an intimate knowledge of depression. It is interesting to note depression is not a cause of problems, but a symptom of them. If this is true, then the key is finding the causes. Therefore, the question of, "Where does depression come from?" is paramount.

## CHARACTERISTICS OF DEPRESSION

- |  |                          |
|--|--------------------------|
| 1. Restlessness                        | 41. Insecure             |
| 2. Distractedness                      | 42. Unappreciated        |
| 3. Sense of agitation                  | 43. Bargains with God    |
| 4. Pressure                            | 44. Fear of death        |
| 5. Tension                             | 45. Terror stricken      |
| 6. Stress                              | 46. Sense of rejection   |
| 7. Feelings of persecution             | 47. Spacy (light headed) |
| 8. Anguish                             | 48. Heat flashes         |
| 9. Fear of death                       | 49. Palpitations         |
| 10. Phobias                            | 50. Loss of appetite     |
| 11. Physical trembling                 | 51. Groaning             |
| 12. Sense of doom                      | 52. Weight loss          |
| 13. Desire to escape                   | 53. Weakness             |
| 14. Withdrawal                         | 54. Chest pains          |
| 15. Worry                              | 55. Desperation          |
| 16. Dread                              | 56. Feels despised       |
| 17. Fear of others                     | 57. Grief stricken       |
| 18. Sense of suffocating               | 58. Discouraged          |
| 19. Sense of hopelessness              | 59. Self-pity            |
| 20. Crying                             | 60. Martyr complex       |
| 21. Parched throat                     | 61. Overwhelmed          |
| 22. Sore eyes                          | 62. Isolated             |
| 23. Sense of being ostracized          | 63. No cares             |
| 24. Feeling troubled                   | 64. Trapped              |
| 25. Insomnia                           | 65. Bitter               |
| 26. Inability to be comforted          | 66. Suicidal             |
| 27. Disturbed by thoughts of God       | 67. Emptiness            |
| 28. Trouble speaking                   | 68. Inability to focus   |
| 29. Feelings of nostalgia              | 69. Apathetic            |
| 30. Deep sighing                       | 70. Oppressed            |
| 31. Sense of being forsaken by God     | 71. Crushed              |
| 32. Immobilized                        | 72. Desolate             |
| 33. Physical weakness                  | 73. Futile               |
| 34. Emotional weakness                 | 74. Anger                |
| 35. Feeling like giving up             | 75. Anxious              |
| 36. Despair                            | 76. Desperate            |
| 37. Sense of aloneness                 | 77. Numb                 |
| 38. Loneliness                         | 78. Shame                |
| 39. Feeling forsaken                   | 79. Legalistic           |
| 40. Afraid to leave a base of security | 80. Abandoned            |

## **TYPES OF DEPRESSION**

In examining Biblical causes of depression, we find there are two general types of depression: **circumstantial depression** and **chronic depression**.

In differentiating between the two, we would say circumstantial depression is related to a specific situation, while chronic depression is related more to a background (relationship problems) or, perhaps, a physical problem. Circumstantial depression is the result of external pressures, while chronic depression is due more to internal stress.

For your information, I have listed below a number of potential causes of both circumstantial and chronic depression. However, this is not necessarily an exhaustive list.

### **CIRCUMSTANTIAL DEPRESSION**

1. Continuing and unconfessed sin in one's life
2. Stress from home, job, or other situation
3. Grief
4. Sudden and traumatic changes in one's life
5. False or wrong doctrine
6. Illness
7. Loneliness
8. A sense of uselessness
9. Aging
10. A sense of feeling trapped
11. Lack of purpose/goals
12. Lack of productivity
13. Financial problems
14. Being the object of unkind and hurtful conversation
15. Demonic oppression

### **CHRONIC DEPRESSION**

1. Fear
2. Guilt
3. Anger
4. Wrong concept of God, especially as Father
5. Poor self-image
6. Rejection
7. Self-pity
8. Anxieties
9. Introspection
10. Comparing one's self with others
11. Legalism
12. Indecisiveness/frustration
13. Bitterness
14. Chronic illness
15. Sense of failure
16. Insecurity
17. Loss of control



## **CAUSES OF DEPRESSION**

For our discussion, I have chosen eight major causes of depression. The Bible shows these as major problems to be dealt with and overcome.

### **ANGER**

Anger is part of our emotional makeup. In and of itself, it is not wrong, nor is it sin. It is what we do with anger that makes it wrong. Anger is most often expressed either at God, at one's self, or at others. However, it is not whom one is angry at, but the fact the anger remains unresolved that produces depression. It is interesting to note that many authorities feel anger is at the root of all depression.

Take Cain for example. He was angry with God over the rejection of his sacrifice. He allowed his anger to master him and it caused him to destroy his brother. The consequences of that act and the subsequent punishment produced in Cain depression (Genesis 4:5-14). You see, instead of resolving his anger and overcoming it, he nurtured it and allowed it to grow until it spilled over and resulted in mankind's first murder.

I find many of my counselees angry at God. However, it just isn't kosher to be angry at God, so they repress it. One man who was deeply depressed, came to me. The root of his depression, he explained, was his blasphemous thoughts of God. When all was said and done, it turned out that he was angry with God. His repressed anger resulted not only in the blasphemous thoughts of God, but in his depression.

Jonah was another Bible character who was angry with God. What he had wanted was a front row seat at the destruction of Nineveh. He had his heart set upon seeing his own personal Gentile holocaust. But God disappointed him, and allowed the people of Nineveh to repent. Oh boy was Jonah mad, so mad that he became suicidal (Jonah 4:1-8). Ridiculous? Of course, but the world is still full of Jonahs today.

Another example is Moses. He was an angry person, angry all of his life. His anger caused him to kill a man, break the tablets of the Ten Commandments and kept him out of the Promised Land. But, the ongoing cause of his anger was the running fight he had with the children of Israel over his leadership. They were constantly murmuring (Exodus 15:24). We find in Exodus 16:20 and in other passages of his anger at people. His anger finally brought him to the point of suicide (Numbers 11:14-15).

Make no mistake. The Bible fully realizes the dangers of unresolved and repressed anger. That is why Paul so carefully commands us to deal with our anger (Ephesians 4:26). For further study I suggest my book, *“Preventing Emotional Meltdown, Overcoming Emotions that Destroy, God’s Solution to Man’s Anger,”* and can be secured by going to [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

### **PANIC ATTACKS**

There is an unfortunate pattern with anxieties. Increased or acute anxieties release adrenalin into the system. If the anxiety is not resolved, the adrenalin is depleted and a physically related

depression occurs. This causes more anxiety. Thus, the anxiety => depression => anxiety pattern becomes a vicious circle.

Job was understandably anxious. Few men went through the trauma that he did. In Job 3:26 he says, *"I am not at ease, nor am I quiet, and I am not at rest, but turmoil comes."* The word turmoil in the Hebrew indicates intense inner emotional agitation, or in other words, anxiety. His anxiety had brought him to the point of despair. Follow his cry for help: *"Why is light given to him who suffers, and life to the bitter of soul, who long for death, but there is none"* Job 3:20-21a.

David repeated over and over again, *"Why are you in despair, O my soul? And why have you become disturbed within me?"* Psalms 43:5. David knew anxiety intimately.

Again, the Bible recognizes the devastation of unresolved anxieties. Paul wrote, *"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus"* Philippians 4:6-7.

For further study I would suggest my book, *"Preventing Emotional Meltdown, Overcoming Emotions that Destroy. God's Solution to Man's Anxieties"* (includes panic attacks), and can be secured by going to [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

## **DISAPPOINTMENT**

Solomon wrote, probably from experience, *"Hope deferred makes the heart sick"* Proverbs 13:12a.

I can agree, for in my counseling I have found a continuing denial of expectations can and will cause depression. This can affect people two ways: First, for the person whose own expectations are not met. Second, in the person who cannot seem to meet the expectations of others?

A husband came to me suffering from depression. Try as he might, he could not meet the expectations of his wife. He had reached the breaking point. He was ready to leave. Through counseling, invalid and unresolved expectations were examined, dealt with, and the depression lifted as the cause was removed.

However, the epitome of deferred hope is found in a unique story in the Old Testament. It involves a wife who could not have children - certain condemnation in that day and age. It seems that a certain man named Elkanah had two wives. The name of one was Hannah and the name of the other, Peninnah. Peninnah was able to have children, but not Hannah, for God had closed her womb. Even though Hannah could not have children, her husband loved her far more than he did Peninnah.

This caused a bitter rivalry to break out between the two wives. Peninnah it seems was extremely jealous of Hannah and did her best to make life miserable for her. We pick up the story in 1 Samuel 1:6-10f:

*"Her rival, however, would provoke her bitterly to irritate her, because the Lord had closed her womb. It happened year after year, as often as she went up to the house of the Lord, she would provoke her; so she wept and would not eat. Then Elkanah her husband said to her, 'Hannah, why do you weep and why do you not eat and why is your heart sad? Am I not better to you than ten sons?' Then Hannah rose after eating and drinking in Shiloh. Now Eli the priest was sitting on the seat by the doorpost of the temple of the Lord. She, greatly distressed, prayed to the Lord and wept bitterly."*

You can imagine how Hannah felt; living in a culture where a woman's total worth was gauged by her ability to bear children, especial male children. Her hopes, her desires, her expectations were all denied. No wonder she was depressed.

Yet, it isn't only emotional disappointment that can bring depression. Chronic physical problems can also be bitterly disappointing bringing on a sense of hopelessness.

A good example of this is Hezekiah. He was discovered to have a terminal illness. Unable to cope with it, he went into depression (2 Kings 20:1-7; Isaiah 38:1-3).

One of the most traumatic times of my own life came with a young girl that I had counseled. I was with her in the hospital room when her physician told her that she had terminal cancer that would probably kill her within three months. That is pretty heavy stuff for a twenty year old to handle.

I will never forget the pathos of that moment. As I held her she cried bitterly. She didn't want to die. She wanted to live, to marry, and to have children. But that was not to be. Exhausted she fell asleep. Who could blame her for being depressed? Yet later, through all the pain, the misery, the suffering she would tell me over and over again, "Jim, as long as I have to live, I will live it for the Lord!" I can safely say that before God took this lovely saint home to Himself, she did in two years what most Christians take twenty to do.

## **GRIEF - SUFFERING**

Who hasn't felt the pain of the loss of a loved one? Far too often, I have listened to the hurt and suffering of those who have lost someone close to them.

Isaac, the great Old Testament saint, was no exception. He was the miracle child. Conceived by a father who was sterile and carried by a mother who was incapable of bearing children, it was no wonder there was a close and intimate relationship between mother and child. Small wonder that Isaac was depressed by his mother's death (Genesis 24:67).

Death of a child, loved one, or spouse are rated highest of all distressing events. Not only is it extremely painful emotionally, but often it takes months or years to heal.

Trauma causes depression, especially if that trauma falls into the area of abuse. It has been my misfortune to have to deal with rape cases. I say misfortune because no one should ever have to

go through the ordeal of rape. There is a pattern to rape cases. First, there is emotional shock, then disbelief, followed by embarrassment and shame. Then guilt and finally depression. One lady came to me who had been kidnapped. Her assailant had escaped. Her ordeal had brought her to the point of suicide. In fact, every case of rape that I have handled suicide was an ever present reality!

## **SIN**

Far too often, in dealing with depression I find the root cause to be sin. Unresolved and unconfessed sin in the believer creates a contradiction that leads to depression. One mother came in very depressed. Over a period of weeks she hid from me she was having an affair with an older man. However, as the case always is, it came to light. As the situation was resolved and the sin confessed the depression lifted.

David is a classic example of this. He wrote, “...*I am in distress; my eye is wasted away from grief, my soul and my body also. For my life is spent with sorrow, and my years with sighing; my strength has failed because of my iniquity and my body has wasted away*” Psalm 31:9-10. Again, he said, “*When I kept silent about my sin, my body wasted away through my groaning all day long*” Psalm 32:3.

## **GUILT**

Many a book has been written about guilt. I have spent many an hour counseling wives who were deeply depressed over the guilt they felt after having sex with their husbands, even though it should have been tremendously fulfilling. A wedding ceremony could not erase the law they had been under growing up.

I have spent much more time working though a person’s guilt that is the result of self-imposed or super-imposed laws. When the guilt remains unresolved it is usually followed by depression. It is interesting Paul thought he could complete his walk of grace by the Law. The result was disaster (Romans 7:10-11). This is true in all of our lives. Unresolved guilt, usually false guilt, creates depression.

For further study I would suggest my books, “*The Torah Syndrome (Law and Legalism in a Christian’s Life)*,” “*The Torah Syndrome (Legalism and Standards)*” which is book 12 in the *Pneumanetics Original* series, and “*Preventing Emotional Meltdown, Overcoming Emotions that Destroy. God’s Solution to Man’s Guilt,*” and can be secured by going to [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

## **THOUGHT PATTERNS**

Our thoughts can get us into trouble. They are the cause of a lot of unnecessary depression. The major problem revolves around self-pity. Take Jonah. He was filled with self-pity. It brought him eventually to a suicidal state (Jonah 4).

I find self-pity at the root of most depression. Self-pity starts with a thought. The more a person dwells on that thought, the deeper they slip into depression. Self-pity brings them into a downward spiral which is hard to break. Interestingly enough, self-pity is extremely addictive. Much depression is the direct result of an unrestrained “pity party.” The Bible recognizes the

importance of right thinking, therefore, the command to bring every thought captive to the obedience of Christ (2 Corinthians 10:5b).

However, another factor in thought patterns is what we refer to as "identity" problems or what is commonly called a poor self-image. A poor self-image will bring about depression quickly.

Look at Moses as he tried to bargain with God. He had a very poor concept of himself. This once great military leader and orator now considered himself of little value. He told God he couldn't lead, and he couldn't speak (Exodus 4:10).

The children of Israel took a cue from Moses. When faced with conquering the land of giants, which God had promised them, they said this, *"There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight"* Numbers 13:33.

Saul, king of Israel, had a poor self-image. It resulted in disaster (1 Samuel 15:17).

## **WRONG DOCTRINE**

The last area I want to refer to is what I call wrong doctrine. It comes about due, in part, to the fact we have been "brainwashed" into believing things central to our lives is the pursuit of happiness, while the Bible demonstrates the pursuit of holiness to be central. If the meaning of life is to find happiness, then to most people, life becomes no more than a bad dream. Life without meaning is life without purpose, and life without meaning and purpose is life not worth living!!!

What has happened is many Christians have distorted what is the "normal" Christian life. I call it "wrong doctrine." For example, many are teaching the "Spirit-filled" life is to be a basically effortless, painless, pleasure-filled life of total victory. These teachers forget about the "testings" and "trials" that are normal to our Christian life. In fact, it has been my experience, the more a person is filled with and empowered by the Holy Spirit, the more he or she faces personal and spiritual battles.

For example, I had one counselee who was a staff member of a large, Christian organization. This organization is known for its aggressive outreach, and it has been a great blessing to millions of people. However, this staff member began to experience depression in her life. She tried everything she could from confession to praise to shake it, but to no avail.

The tragedy was compounded when insensitive colleagues told her she was simply "carnal" and needed to "confess and be filled with the Spirit." She had tried that -- it didn't work! The result? A broken and crushed spirit.

When I explained to her she was Spirit-filled in spite of her depression, that God was simply bringing areas of her past to the surface to be dealt with, she broke out into tears of relief. God did relieve the depression when the causes were dealt with, but wrong doctrine had compounded the problem.

I might add a word of warning here to those who mean well, but so often inflict hurt through the words they speak. Proverbs states, *"A soothing tongue is a tree of life, but perversion in it crushes the spirit"* 15:4.

And, Paul admonishes us to, *"Let your speech always be with grace, as though seasoned with salt, so that you may know how you should respond to each person"* Colossians 4:6.

Remember, your tongue can heal or hurt – deliver or destroy!

Another case of depression comes to mind that reveals the problem of wrong doctrine. A husband called and asked if he could bring his wife in. She was experiencing repeated panic attacks followed by depression, and it had become so pronounced that he was afraid for her health.

As I met with them, I could not get her to talk about the problem. From her husband I found out that they belonged to a Christian group that espoused the doctrine of "universal healing" (that God intends that everyone is to be healed, and if healing doesn't occur, then, either your faith is weak or there is sin in your life). Also, as part of their doctrine, they held a person should only confess a positive confession. This movement has been called, "The Positive Confession Movement." Unfortunately, this doctrine creates a situation where they then must deny reality.

However, the problem with this woman was that to confess a positive confession meant she had to deny reality. For two weeks she had suffered intense, acute anxiety all because she could not bring herself to admit there was a problem. Her church friends and pastor were of little help. When immediate relief was not experienced, they told her that there must be sin in her life or her faith was weak. When she denied that either was true, they simply ignored her and her spirit was broken. What a travesty of Christian love!

A well-known TV evangelist exhorted his audience saying, that the only reason that so many Christians are in wheelchairs is they don't believe God. My rejoinder is, "Why isn't his faith sufficient to heal them, since he is the one doing all the showing and blowing?" (The Bible often shows the person healing must demonstrate faith.)

Can you imagine what it does to a person who would give anything to get out of their wheelchair to be told there is sin in their life, or their faith is weak? What if our Lord Jesus had looked at that man who was lowered through the roof and exclaimed, "Young man, you have sin in your life, your faith is weak, that is why you can't be healed!" Ridiculous? Yes, just about as ridiculous as some of statements of thoughtless individuals.

What I am saying is every facet of our life has meaning if we recognize God as the Ruler of our lives. Problems in our life exist to be overcome in the power of the Holy Spirit. You see, I, too, believe in a God who heals supernaturally. However, normality in the Christian life is not the absence of problems, but the ability to overcome them in a victorious manner!

With an erroneous mind-set about what is natural and normal to our Christian life sets us up to doubt God when problems do arise. We become disillusioned with God, with people and with our lives. This not only sets the stage for anxiety and depression, but will actually increase them. It is interesting to read the book of Job in this light to see his reactions to his own expectations and those of his so-called friends.

### **RELATED CAUSES OF DEPRESSION**

Because the Bible is so comprehensive in its coverage of depression, it lists other related causes of depression which will be of interest to us.

For example, we have depression caused by bitterness that comes from unresolved family problems. In Genesis 26: 34-35 and 27:46 we find that Esau married two women who brought constant turmoil to the lives of Isaac and Rebekah. It finally got so bad that Rebekah became terribly depressed, even to the point of suicide.

Esau had a streak of meanness a mile wide. He delighted in hurting people. How often I have counseled parents who were at the point of despair over a rebellious child. Bitterness is often the root of a broken and crushed spirit.

We find Rachel's inability to bear children produced jealousy, anger, and finally depression. It caused serious friction between her and Jacob (Genesis 30:1-2). A Christian cannot let sin fester in his life unconfessed, it crushes the spirit.

Let's talk about Moses again. Could he have avoided depression? Probably not. He had too much to learn. The question is, "Why was Moses depressed?" When we examine the historical account, we would have to conclude that Moses was indeed a candidate for disaster.

We have already referred to his anger. However, anger was not the only problem that Moses faced. Amazingly enough, this former prince and military leader didn't like himself! And to top it off, he stuttered. There is an old saying if you don't think you look good on a horse you won't lead a charge. Moses didn't want to lead. He had tried once and failed, and it took some real prodding from God before he would take the job.

And, once he did take the job he fell flat on his face. The people he was leading had just about as much confidence in Moses' leadership as he did himself. Compounded with the fact Moses found it impossible to delegate, he came under intense stress, stress so great that it broke him and brought him to the verge of suicide. The problem? Anger, stress, and a poor self-image; and all of these, if they remain unresolved, can break the spirit (Exodus 4:10; 14:8; 15:24; 16:2; 18:13; Numbers 11:1; 12:2; 14:1; 20:3).

Elijah is another heavyweight when it comes to Bible heroes. He was present with Moses at the transfiguration. Still, as with Moses, he suffered from depression. As we

examine his life, we find three major causes of depression in Elijah's life. First, there was fear for his life (1 Kings 19:3). Second, there was emotional fatigue (1 Kings 18), and, last, there was physical exhaustion (1 Kings 19:5-8). Because the problems were unresolved, Elijah's spirit was crushed and he became depressed.

(Author's note: Isn't it interesting that although these two Bible heroes suffered from depression, they were chosen by God to minister to our Lord Jesus at the Transfiguration. What this means, is not only did they overcome their depression, but God doesn't take our emotional problems into consideration for the jobs He has for us in the future.)

However, as far as the Bible is concerned, it was David who wrote the book on depression. Of all the men of the Bible, he suffered the most from this problem. The Psalms written by David could be a textbook on the subject. In fact, of the 150 Psalms, 48 deal with the subject. Over and over again we see David struggling with his emotions. He would go from the height of euphoria to the depths of melancholy.

Look for example what David had to say, *"Be gracious to me, O Lord, for I am pining away; heal me, O Lord, for my bones are dismayed. And my soul is greatly dismayed. But You, O Lord -- how long? Return, O Lord, rescue my soul; Save me because of Your lovingkindness. For there is no mentioning of You in death; in Sheol who will give You thanks? I am weary with my sighing; every night I make my bed to swim, I dissolve my couch with my tears"* Psalm 6:2-6.

Again, he complains, *"Why do You stand afar off, O Lord? Why do You hide Yourself in times of trouble?"* Psalm 10:1.

*"How long, O Lord: Will You forget me forever: How long will You hide Your face from me: How long shall I take counsel in my soul, having sorrow in my heart all the day? How long will my enemy exalted over me? Consider and answer me, O Lord my God; enlighten my eyes, or I will sleep the sleep of death"* Psalm 13:1-3.

David continues, *"For I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses"* Psalms 16:16-17.

*"Be gracious to me, O Lord, for I am in distress; my eye is wasted away from grief, my soul and my body also. For my life is spent with sorrow and my years with sighing; My strength has failed because of my iniquity, and my body has wasted away because of all my adversaries, I have become a reproach, especially to my neighbors, and an object of dread to my acquaintance's; those who see me in the street flee from me. I am forgotten as a dead man, out of my mind; I am like a broken vessel"* Psalms 31:9-12.

*"When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy"* Psalms 32:3-4b



We can't help but feel sorry for David, but as I said before, depression is a symptom, not the cause. In David's case, there were many causes for his depression. Among the many things that crushed David's spirit and brought about his depression, were:

Stress	Psalm 6:6,
Rejection	Psalm 22:1-2
Low self-esteem	Psalm 22:6
Self-pity	Psalm 31:9-12
Insecurity	Psalm 31:11
Sin	Psalm 32:3
Burn-out	Psalm 55:4-8
Betrayal	Psalm 55:13-14

The question comes to mind why is it men of such godly caliber as David and Moses and Elijah should suffer such anguish? (I think the answer lies not so much in that they had to suffer, but that, they overcame it! And, perhaps, even more pertinent is, why does it have to happen to me? No one has ever said that life is fair -- but the Christian can overcome life!!! (John 16:33).

As you have noticed, the whole focus of this study has been toward the Biblical perspective and not toward the psychological view. I firmly believe God is able to meet all of our needs, and God's Word does have processes and methodologies that can be applied, and do work. In the following exercises, we will work together in applying the Word of God in faith in overcoming your depression.

## **OVERCOMING DEPRESSION**

What we need are means to overcome the trap of depression. This is where the “rubber meets the road” as it were. Listed below are a number of “How To’s” in overcoming depression.

### **1. SEEK HELP – THE RIGHT KIND OF HELP.**

No man is an island unto himself. When a person is depressed he tends to withdraw from life. Don't allow that to happen. If you are depressed, seek out your pastor, Christian friend or a Biblical counselor. Fight the urgency to withdraw. The Bible says,

*“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up” Ecclesiastes 4:9-10.*

Avoid people who will drag you down rather than lift you up. One of the causes of depression is a harsh, cutting, hurtful tongue. Proverbs says,

*“A soothing tongue is a tree of life, but perversion in it crushes the spirit” Proverbs 15:4.*

*“A man has joy in an apt answer, and how delightful is a timely word” Proverbs 15:23.*

## 2. BUILD A PROPER FOUNDATION

In other words establish “sound doctrine.” By establishing the Word of God as the final authority in one’s life, rather than their emotions, faith can be applied. Dr. D. Martyn Lloyd-Jones said, “Indeed I can put it, finally, like this; the ultimate cause of all spiritual depression is unbelief.”

A good foundation in the following areas is essential for the person suffering from depression:

- a. A proper understanding of man’s three-dimensional nature, and how his relationship with Christ guarantees him a new identity (2 Corinthians 5:1).
- b. How his “belief system” operates and how God changes it through the “renewing of the mind.” Since a poor self-image is one of the basic causes of depression, both “a” and “b” are crucial to a sound understanding.
- c. A systematic intake of the Word of God through memorization and mediation. Allow the Bible, which is supernatural, to work supernaturally in and through you.

## 3. ESTABLISH HOPE

*“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit” Romans 15:13.*

It is inconsistent with God’s character that God, who is a Father to us, and who gave up His most precious possession to die for us, would desire that we suffer one moment when we don’t have to. Remember, **God has the means at hand to overcome depression!**

The ultimate key to victory over depression is to experience personally the indwelling power of the Holy Spirit. So it is imperative that you share with the person who is depressed the Spirit-filled life and how they can possess Him who possesses them. It is our gentle, gracious holy Friend; the Holy Spirit who empowers us to overcome our depression.

## 4. ESTABLISH PERSONAL SOVEREIGNTY

### a. Volitional choices.

Utilize the will. In creating man in His image, God expressed His sovereignty in us by giving us a will. This means we have the authority to make choices. In cases of depression, passivity of the will is almost always present to some degree. To overcome this, a depressed person must be forced to use their will. Give them choices to make and insist that they choose!

### b. God’s Word.

Teach them to volitionally choose to stand upon the Word of God as their final authority. Through Scripture memory, allow them to make choices between their emotions and the Word. In time, their emotions will begin to reflect their will.

### c. Setting goals.

It is very helpful for a depressed person to set goals. Practical, easy to reach goals. Work out the procedures to reach the goals set, and work through the process of reaching those

goals. This can bring about a much needed sense of accomplishment.

**d. Scheduling.**

Establish a schedule. Bringing even a loose structure into one's life, allows a person to make choices. Too, a schedule will help alleviate the sense of wastefulness that accompanies depression.

**e. Achieving.**

Begin a program of using the hands or, in a larger context the body. Adopt an exercise program following the advice of your physician. By doing things with your hands, needle point, painting, piano playing, etc., you can establish a sense of accomplishment.

## **5. KNOW GOD**

David wrote, "*And those who know Your name will put their trust in You...*" Psalm 9:10a. The principle here is that faith in the believer is correlated to his knowledge of God, especially as Father. Weak knowledge, weak faith.

Encourage the depressed person to begin to study who God is as a Father to them. They can begin by reading the Psalms and marking passages that reflect who God is to them.

For example, David wrote, "*Keep me safe, O God, for I find my safety in You. I said to the Lord, 'You are my Lord; I have no happiness besides you.' As for the saints who are in the earth, they are the majestic ones in whom is all My delight.*" (Psalms 16:1-3, paraphrased).

For further study I would suggest my book, "*ABBA Father (Knowing God as Father)*", which is Book 15 in the *Pneumanetics Original* series, and can be secured by going to [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

The right concept of God is critically important in dealing with depression. Too often, Christians view God as some cosmic ogre or policeman just waiting for them to step out of line. What a tragedy that we don't know the God of the Bible, that loving, caring, concerned Father waiting to deliver us from the onslaughts of the enemy.

It is within the context of a correct understanding of God that you can deal with the basic attitudes which cause depression. Ask God to reveal to you any wrong attitudes. As you do this, replace the wrong attitudes with right attitudes. This allows you to deal with the root problem that brought the depression in the first place.

## **6. OPPRESSION**

For too long the Church has ignored the wiles and schemes of Satan. It has become a forgotten subject, yet, there is a greater need for expertise in this area than ever before. Demons can and do affect a Christian's emotions.

Let me quote from the Rev. Don Baker's story as written in this book, *DEPRESSION: Finding Hope and Meaning in Life's Darkest Shadow*:

“As I sat in that mountain cabin, reflecting upon the reasons for my lingering depression, I asked myself again, ‘Was Satan in any way connected with my depression?’ This question was asked in various forms time and again during my four years of groping in darkness. Many were convinced he was. I dismissed them all casually and sometimes even carelessly. I rejected the possibility.

‘I began studying Scripture very carefully to determine whether or not there might just possibly be some relationship between Satan and my depression. After all, it had been during a series of sermons on Ephesians 6:10-20 that I had first collapsed – and it had been just a few days after my first personal encounter with a Satanist that I slipped into my black hole.

‘It was just two weeks after my encounters that I lay helpless on my office floor.

‘I sobbed convulsively as they loaded me into the ambulance and continued crying for days. Every new voice – every soft word – would start me crying all over again.

‘As I was putting together the pieces of the puzzle, I wrote on a sheet of paper: ‘Millions are being influenced, oppressed, and enslaved by the occult. The world is reeling as its prince has begun unleashing his fury in preparation for the final deception (2 Thessalonians 2:9-12). The church is feeling his blows. Christians everywhere are falling. I fell, emotionally wounded, bewildered, disoriented, confused, depressed – a casualty of Satan’s onslaught.

‘As I wrote those last few words in the silence of that mountain cabin, I suddenly became aware that my papers were nearly drowned with my tears. I began to sob, and I said aloud, ‘Oh God, is this what happened to me?’

‘I continued to kneel by that couch long after the tears had dried and the prayer was finished. I noticed as I remained there that things felt different. Nothing ecstatic or noisy. Nothing high-powered or sensational. I just felt different.

‘As I examined that feeling, I became aware of strength in my limbs, of objects before my eyes. I saw, I felt, I heard. Was it possible? Was the cloud finally gone? Had my world come alive again?

‘Three days were spent testing and trying this new view of the world, no longer from within a black hole, but now from a mountain peak where I could see anything, everything, clearly and distinctly. My depression was finally gone with all its multiple causes and multiple effects...it was gone.’

I realize many people, especially some professional counselors, would view this as mere superstition, but the Bible doesn’t! If you will read the Gospels, you will notice as Jesus began His ministry, He did two things - He healed and cast out demons.

We cannot dismiss the possibility that depression could well be from demonic sources. If you suspect that, seek out a Christian, sound in the Word and faith, who has expertise in this area, and have him/her help you.

## **7. WHO IS IN CONTROL?**

The sense of security is one of the basic needs of our lives. We all seek it, we all demand it. Security is often expressed in and through “control.” We all try to control our environment and thus our destinies. The greater the insecurity in growing up, the greater the need to control. It varies in degrees, but every person tries to control their lives.

## **8. PUT ON A CHEERFUL FACE**

Writing about depression in an article in the Reader’s Digest, author Edmond Ziegler had this to say, “It is the common cold of psychological disorders. Almost everyone experiences it at some time. Each year, millions of dollars are spent on medicines to alleviate the withering melancholy, blighted hopes, and dismal inner weather that are the symptoms of depression.”

In the book, *Feeling Good*, by Dr. David D. Burn, he argues most depression arises from erroneous thinking, and that we have it within our power to control the furtive thoughts that dupe us into needless gloom.”

What secular counselors need to discover is God has been far ahead of them all the time. Right thinking has always been part of God’s program of inner healing. Again, quoting from the book of Proverbs: “*All the days of the afflicted are bad, but a **cheerful** heart has a continual feast*” Proverbs 15:15. “*A joyful heart is good medicine, but a broken spirit dries up the bones*” Proverbs 17:22.

We can control our thoughts! Paul declares in 2 Corinthians 10:5b, “...*taking every thought captive to the obedience of Christ.*” Turn this principle into a prayer. Every time a negative thought occurs, say this prayer out loud. Learn to control your thoughts, so your thoughts won’t control you.

As I said, self-pity is one of the major causes of depression. Self-pity begins with the thought process. We saw what happened to Jonah when he fell in to the trap of self-pity.

Insist you or the one you are counseling memorize passages that can be called on to offset negative thought patterns. Also, meditate on the good times in your life. Think back to the exciting and happy times.

And, above all, force yourself to smile! Every time you think of it SMILE! When you look into a mirror, Smile! Put on that that happy face. In fact, practice laughing out-loud. Try it, you’ll like it.

So, do the following;

- a. Put on a happy face.
- b. Put on happy thoughts.
- c. Put on happy memories.

- d. Put on happy actions.
- e. Put on happiness!

## 9. SUMMARY

- a. Understand the cause – seek a solution.
- b. Find a friend – a helper.
- c. Develop new thought patterns through Scripture memory.
- d. Use 2 Corinthians 10:5b as a prayer command to bring every thought captive to the obedience of Christ.
- e. “SMILE AWHILE!” – put on a happy face.
- f. Chose an anchor for your life – make it God’s Word, not your emotions.
- g. Determine to know, understand, and experience the Spirit-filled life.
- h. Establish sound understanding through sound doctrine.
- i. Use your will – make choices! Choose to overcome depression.
- j. Above all trust God! (Psalm 40:1; Hebrews 11:6).
- k. Resist the enemy (Ephesians 6:10-18).
- l. Turn your need to control over to the Controller of all needs, your Heavenly Father.

For many who are in the midst of depression and/or acute anxieties, it is almost impossible to focus on any kind of detailed recovery material. Often, it is only after medication is administered before a person is ready to begin the overcoming process. However, this is not always true. Recognizing certain things lie beyond our control is one of the first positive steps in overcoming depression. But where do we turn for help? To whom do we go?

Whenever anyone is in great pain, physically or emotionally, all they can really think of is for someone or something to alleviate that pain. Questions race through our minds, “Will I ever get well? I am going crazy? What have I done wrong? Why me? I must not be a Christian. I have committed the unpardonable sin, and so on.”

And we do things normally that we would not do. We spend long hours agonizing over sins, reviewing our lives, repenting, calling on God, crying, feeling abandoned, isolated, alone. We rush helter-skelter trying almost anything to remove the dread that has engulfed us. Is there hope? Of course there is! Your Heavenly Father has stated most emphatically, “*I will never leave you. I will never abandon you!*” Hebrews 13:5, NLT.

Now I realize when a person is in the midst of severe emotional pain, God seems to be ten million light years away. Even David felt that way at times, but God is never more than a faith step away. He is always right by your side and is the One who will relieve and remove the pain.

*“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit” Romans 15:13.*

*SPENDING TIME WITH GOD...*

## LESSON ONE

### BY WHAT AUTHORITY

There is present in many Christians a very serious credibility gap between their faith in God and their belief that God through His Word speaks to the emotional problems we face today. This unfortunate situation has come through the impact of modern day psychology which has from its very inception demeaned God and ridiculed the Bible.

But it is a valid question. What is to be our authority in dealing with the pain and problems we face? Is the Bible sufficient to address and heal our emotional needs, or are we only to trust the professional? I might add, if God's Word is not sufficient, and then neither is God!

Please answer the following:

1. The book of Job has been called by many the earliest written portion of the Bible, some 4000 years old. Read Job 7:3-7. What does Job say that would make you think that he was acquainted with this person?
2. From reading this book, list the Bible characters who suffered from depression.
3. Read the characteristics of depression again. Are there any that you can identify with from your own personal experience?
4. Read Matthew 11:28. What did Jesus promise?
5. Read Jeremiah 29:11. What is God saying through Jeremiah?



6. Read Jeremiah 15:16 and write out your comments.

7. Write out why you believe God's Word is sufficient in dealing with emotional problems.

It might be interesting for you to know that biblical counseling goes back to the time of Job. In fact, Job himself was a counselor. The Bible, which is God's way of communicating with us, is intimately aware of every emotional, spiritual, and physical element within us.

## LESSON TWO

### CAN GOD?

Our God is a loving, caring, concerned Father who loves us deeply. He does care about you. He is concerned what happens to you. He laughs when you laugh, He hurts when you hurt. J. I. Packer in his book, "Knowing God" says, "That through setting His love on men God has voluntarily bound up His own final happiness with theirs."

Your joy, your peace, your happiness, your well-being is a basic and major concern of God. God can! God will!

1. Read 1 John 4:10. What would you say God's attitude is toward you?
2. In the great love chapter of 1 Corinthians 13, read verses 4 through 8. Write out the ways God's love to you is expressed.
3. Read Romans 8:37. What does God promises us here?

On the basis of this promise, do you believe God can conquer depression in and through you?

4. Read Romans 15:13. Write out your reactions to this promise.
5. Ephesians 3:16-19 talks about God's love being rooted and grounded in us. Make this passage your prayer.

Ask God to strengthen you in the inner man.

Ask God to root and ground you in His love.

Ask God to allow you to know the love of Christ.

Ask God to let you experience the fullness of God.

6. Now write out Ephesians 3:20 on a card and put it in a prominent place, so that it is a constant reminder of what God has promised to do in your life.

## LESSON THREE

### CAN I?

#### THE SPIRITUAL FACTOR

Far too often we feel God can do something, but we doubt whether He can do it through us. Especially if we are battling doubts about God, ourselves, our salvation, etc.

One of the main causes of depression is not understanding correctly the truths of the Bible. This creates serious doubts in our minds about ourselves, about God, and so on.

We have already touched lightly on the adequacy and sufficiency of God and His Word, His love for us and to us, but now we want to look for a moment on our understanding and response to the truths of the Scriptures.

1. Sin can cause depression, but depression is not sin! Do you agree with this statement? Explain.
2. A person can be Spirit-filled and still suffer depression. I agree with this statement\_\_\_\_\_. I disagree\_\_\_\_. Why?
3. List the areas which you feel are wrong and sinful in your life.
4. Write out your understanding of the following:

The Cross:

Confession:

Justification:

Forgiveness:

Salvation:

Assurance:

5. Write out who God is to you as a person.
6. Respond to the following: God cares for me as a person.
7. Write out who your father was to you as a person.
8. Write out who the Heavenly Father is to you as a person.
9. Write out the childhood Sunday school song, "Jesus loves me this I know for the Bible tells me so..." Place it in a prominent place and sing whenever you think of it.

## LESSON FOUR

### CAN I?

#### THE RELATIONSHIP FACTOR

We have defined depression as the symptom of unresolved crises in a person's life, the inevitable result of a broken and crushed spirit, and is characterized by an increasing sense of hopelessness.

The crisis or crises can be nothing more than stress, but the key is it cannot remain unresolved. Anger is a major cause of depression. So is self-pity, disappointment, disapproval, and rejection, etc. If the situation remains unresolved, in time, it will break and crush the spirit, and depression will result.

Relationships form the major part of our lives. They are indispensable to our well-being, yet, at the same time, they can and often do form the basis of unresolved crises. In this exercise, I want you to list your resentments, so they can be dealt with. Complete column one first before you go on to column two. Before you go on to column three, very carefully search your heart before God and quietly in faith forgive them.

#### RESENTMENT CHECKLIST

I am resentful of:

Why I am resentful:

I forgive:

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## **LESSON FIVE**

### **THE PERSONAL FACTOR**

#### **DEVOTIONAL**

1. Read out loud Psalm 23.
2. Surrender yourself to God's loving hands.
3. Meditate on Psalm 32.
4. In the quietness of the moment, list every sin or wrong doing that God lays on your heart.
5. Then one by one, turn them over to the Lord Jesus, thanking Him for His total and complete forgiveness.
6. Write out and memorize Proverbs 3:5, 6.

#### **THOUGHT PATTERNS**

Wrong thought patterns can lead into depression quickly. David had a problem with his thoughts, so he learned to talk to self rather than allowing self to talk to him. See Psalm 42:5.

As David, we too, must learn to control our thought patterns. Read 2 Corinthians 10:5, and make that a prayer of bringing everything into the obedience of Jesus Christ. Learn too, to ask yourself the right questions.

1. Why am I depressed? Is there a clearly discernible cause for it?
2. What are my areas of greatest stress? Am I doing anything to resolve them?
3. What am I doing to alleviate my depression?
4. Are the people I am with, and the environment I am in conducive or non-conducive to helping me overcome my depression?
5. What is my mind most centered on?
6. What have I found that gives me the greatest relief?

#### **PRACTICAL SUGGESTIONS**

1. Am I operating under a schedule?
2. Am I taking time for myself?
3. Am I involved in any exercise program?
4. Am I taking time to be involved with my family?
5. Am I around positive people?

## *YOUR NEXT STEPS...*

## FOUNDATIONAL TRUTHS

The next step to understanding how to continue to express healthy emotions is to grow in your experiential knowledge of God. Developing a healthy identity that reflects the indwelling presence of Christ and accepting the Bible as God's Word—and therefore, as our final and supreme authority—are equally important.

Every Christian has a personal testimony of God's grace in their lives. Unfortunately, many remain only babies in Christ, choosing not to grow in Christian maturity and develop an intimate and joyful relationship with God. To continue in your journey of knowing God is to learn, understand, and activate what we call foundational truths.

*“For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil” Hebrews 5:13-14.*

The first foundational truth is “**Understanding who you are in Christ.**” The reason this truth is so important is because most believers step into their new birth experience with their old mind chatter dictating their emotions, behaviors, and beliefs. This dialog is normally in opposition to their new identity in Christ.

The second foundational truth is “**The Holy Spirit.**” Without understanding of the indwelling, empowering work of the Holy Spirit, we are left to go through life under our own initiative and power instead of God's. The Holy Spirit is the One who takes God's Truths and makes them a reality in our lives.

The third foundational truth is “**Renewing the mind.**” Without the process of renewing our mind to the truth of who God is and who God says we are, we will continually struggle in our Christian walk striving to experience the abundant life Christ promised.

The fourth foundational truth is “**Seeing your Heavenly Father for who He truly is.**” The important point here is believers usually take their experiences with their earthly dads, moms, and authority figures, good or bad, and clip art those experiences to God's face and end up worshipping God incorrectly.

The cornerstone of these foundational truths is “**The Holy of Holies: the temple of God.**” Jesus, through His life, death, and resurrection, made it possible for believers to have immediate access to God and His throne, the Holy of Holies. For believers to understand they are God's temple and God's Spirit lives in them (1 Corinthians 3:16), brings in a worship that sets them free to experience their life in Christ, free to worship God in spirit and truth, and free to follow the Holy Spirit as He renews the believer's mind to truth.

For further study on these foundational truths, I recommend you do our *Free Indeed!* Bible study and our *Pneumanetics Original* series which are outlined on page 44.



As you have read this book, hopefully it has helped you begin to know God at a deeper level so He becomes the most important person in your life. As our relationship with God continues to mature, it allows us to break free from the power of sin, free from the power of our renegade emotions, and live in victory as a believer. God's empowering presence is what enables us not only to live the Christian life victoriously, but to serve Him effectively. This transformation makes us outwardly what God has already made us to be inwardly.

### **RENEWING OUR MIND**

As we have said, emotions are a fact of life, but we don't have to experience them in a negative way. God doesn't simply remove the destructive emotions that taunt and haunt us. No, that would leave a vacuum which cannot exist. He does something far better; He replaces them with Spirit-filled emotions.

Emotions in and of themselves are not right or wrong. They are morally neutral. However, they do communicate to us there is something going on in our thoughts and beliefs that need to be examined. We need to understand and allow our emotions to be an indicator to a deeper problem. When our emotions become messy and controlling, they have become more true to us than God's Word. This is why it is so important to ask ourselves, "Why do we feel the way we feel?" This is something David practiced.

*"Why are you in despair, O my soul? And why have you become disturbed within me?"* Psalm 42:5a.

There is a reason we feel the way we do, and we need to examine how our thoughts and beliefs are promoting our emotions. God desires to help us handle our emotions:

*"Casting all your cares [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]"* 1 Peter 5:7, Amplified Bible.

The moment we accept Christ as Lord and Savior, we receive a new heart, a new human spirit, and the Holy Spirit comes to live within us. God is beginning a mighty process of conforming us to the image of His Son. The environment in which God does this work is called life and all that it entails. The method of conforming us to the image of Jesus is the work of the Holy Spirit through the revealing of truth, and it requires us to respond by applying that truth to our lives. As we are now understanding, Scripture calls this process renewing the mind, also known as "putting off" the lie or renegade emotion and "putting on" the truth or the healthy emotion. Again, our involvement in this process is imperative.

The question that comes up is "What lies are we renewing our mind from?" This would be anything and everything that stand in contradiction to God's Word. Since our unrenewed beliefs, thoughts, emotions, and behavior think in contradiction to God's truth, they must be dealt with so that we can function as God has designed us as new creations in Christ.

Recognition is the key to correctly diagnosing our renegade emotion. When we correctly diagnose what is causing our emotion it allows us to respond in a Godly way.

## **HOLY SPIRIT’S EMPOWERMENT**

Christians seem to be willing over and over again to renew their efforts—rather than renewing their minds. Renewing our minds is not an option. It’s a command that comes directly from God. However, we cannot renew our minds correctly apart from the empowering presence of the Holy Spirit.

The Holy Spirit leads, directs, and executes our renewal from within us, something He does daily (2 Corinthians 4:16). There are many secular programs such as behavior modification or the power of positive thinking, but all of these programs attempt to change a person from the outside in, rather than God’s way of changing a person from the inside out. A true renewing of the mind can only come through the application of Truth by the Holy Spirit.

The renewing of the mind is a partnership, the product of an active, engaged relationship between us and the Holy Spirit—the same power that raised Christ from the dead—within us. Renewal is a process that, over time, changes our renegade emotions to healthy emotions or wrong beliefs into right ones. Renewal is a spiritual exercise where we practice to consistently make volitional decisions by our faith, rather than by our feelings.

## **PUTTING OFF / PUTTING ON**

Again, a key principle of Christian sanctification is known as “putting on” and “putting off” or renewing our minds. The idea is simple. It means to change from one thing to another, in the same way that you would take off one set of clothing (“putting them off”), and then “putting on” another set of clothing in their place.

Putting off your renegade emotions can prove very frustrating because there’s typically a gap between the moment when we make a decision in faith and the outcome of that choice, the time when we finally get to experience the reality of that decision in our lives. But as you keep choosing God’s Truth, allowing the Holy Spirit to change you, permanent change will take place. Keep persevering in trusting God to keep transforming you into His likeness.

In the process of putting off, God never removes one thing without replacing it with something far better (putting on). If you find the prospect of becoming a different person intimidating, try to remember that God is in the business of creating masterpieces, not imitations. He loves you and He wants only what’s best for you—even more than you do!

Because we continue receiving inputs that we need to process for the rest of our lives, we are using the R.E.A.C.T. process in dealing with our renegade emotions and inaccurate beliefs to help us constantly challenge our erroneous belief system, transforming deception with Biblical truth.

## **RENEWING OUR MINDS USING R.E.A.C.T.**

R -	RECOGNIZE	the real problem; identify the emotion and the source of that emotion.
E -	EVALUATE	your thoughts; ask God what you are thinking and believing that is causing this emotion

		to surface.
A -	AFFIRM	by admitting you alone are accountable for your emotional response. Ask God to show you anything in your life He wants to deal with.
C -	CONFRONT	in faith; recognize your emotions seem more real than God's Word. Ask the Holy Spirit to replace the negative emotion with His Godly emotion which motivates your Godly behavior.
T -	TRUST	in God, His Word, and the Holy Spirit to work in your life. Thank God He is in the process of conforming you to His image and allowing you to walk in your new identity in Christ.

### **RECOGNIZING OUR EMOTIONS:**

In recognizing what emotion we are experiencing, we need to ask ourselves, "Has something made me produce this emotion, or do I feel this all the time?" In either case, recognizing our emotions and the source is necessary in dealing with them.

### **EVALUATING OUR EMOTIONS:**

Start by acknowledging what emotion you are experiencing. Review the chart, "How Do You Feel?" on page 44. You can ask God, "How am I responding to people, situations, and circumstances?" to help identify what I am feeling. Then begin to ask God what your thoughts and beliefs are that are causing this emotion to surface.

### **AFFIRMING OUR EMOTIONS:**

Affirmation is simply admitting to something in your life God needs to deal with. It is so easy to become upset at a person instead of dealing with what is going on inside us. The Bible teaches we are accountable for the decisions we make. Remember, we are responsible for our emotional response, no matter the cause. No one puts the emotion in us, they simply bring it out.

### **CONFRONTING THE EMOTIONS:**

You cannot appease an emotion. With any emotion, we need to enlist the power of the Holy Spirit in addressing it. You simply confront it in faith, asking the Holy Spirit to "put off" your negative emotion and replace it by "putting on" His Godly emotion which motivates Godly behavior. It might take time but God's promises never fail and He will allow you to overcome the destructive power of the emotion in your life.

### **TRUSTING GOD:**

There can be no real or meaningful changes in lifestyle apart from the work of the Holy Spirit. Thank God He is allowing you to walk in your new identity in Christ. You are being conformed to His image. The end result will be you living in holiness and worshipping God which leads to experiencing the abundant life God promised!

## HOW DO YOU FEEL?

<p><b>LONELY</b></p> <p>left out friendless forsaken lost isolated withdrawn lonesome insignificant separate rejected withdrawn</p>	<p><b>ANGRY</b></p> <p>furious hacked off aggravated mad hard irritated distant frustrated boiling indignant out of control</p>	<p><b>SAD</b></p> <p>dejected unhappy dreary woeful depressed cheerless blue grieving gloomy glum downcast heavy-hearted</p>	<p><b>HAPPY</b></p> <p>joyful ecstatic cheerful upbeat glad pleased delighted light bright vivacious elated bouncy</p>	<p><b>LOVING</b></p> <p>tender affectionate warm accepting kind devoted forgiving loyal sympathetic caring</p>
<p><b>GUILTY</b></p> <p>ashamed criticized cursed damned doomed dirty judged trapped embarrassed</p>	<p><b>INADEQUATE</b></p> <p>weak small useless bashful meager deficient inept powerless vulnerable</p>	<p><b>PEACEFUL</b></p> <p>calm quiet serene collected sedate content composed cool tranquil</p>	<p><b>BELONGING</b></p> <p>popular famous needed important well-known accepted attached influential valuable worthwhile</p>	<p><b>SECURE</b></p> <p>safe protected stable optimistic sure poised hopeful confident assured</p>
<p><b>AFRAID</b></p> <p>anxious frightened alarmed jumpy fearful shocked unnerved tight scared terrified timid shaky</p>	<p><b>HATEFUL</b></p> <p>hostile unfriendly mean critical quarrelsome nasty jealous spiteful harsh</p>	<p><b>POWERFUL</b></p> <p>strong energetic assertive upbeat great dominant pushy assured sure aggressive confident intoxicated</p>	<p><b>INNOCENT</b></p> <p>pardoned pure forgiven clean set free released exonerated fresh naïve acquitted justified</p>	<p><b>OTHER:</b></p>



## **ACTIVE STEPS:**

To continue this transformation in making you outwardly what God has already made you to be inwardly we recommend the following classes and books:

- 1. Free Indeed! God's Empowering Word Infused in our Lives Makes us Free Indeed.**  
This is a 9-week Bible study held at His Truth Transforms International, local churches, home Bible Studies, or can be purchased and completed on your own.
- 2. Pneumanetics Original Series.** This 18-book series will cover every aspect of your Christian life. You can purchase the books and/or take our two semester training class, which is beneficial for personal growth or equipping you as a Biblical counselor. The following topics are:

### **SESSION 1 THE BASICS**

- Book 1 Introduction
- Book 2 The Sufficiency of Scripture
- Book 3 The Nature of Man
- Book 4 The Fall of Man
- Book 5 The Self-Life
- Book 6 Spiritual Warfare

### **SESSION 2 THE BEGINNING**

- Book 7 Our New Life in Christ
- Book 8 It Took a Miracle (Forgiveness)
- Book 9 Candidate for a Miracle (Being Filled with the Spirit)
- Book 10 Living on the Cutting Edge

### **SESSION 3 THE BELIEFS**

- Book 11 Belief Systems
- Book 12 The Torah Syndrome (Legalism and Standards)
- Book 13 Becoming Who You Already Are (Building a Christian Identity)
- Book 14 FatherHunger/MotherHunger (AWOL Parents)

### **SESSION 4 THE BENEFITS**

- Book 15 ABBA Father (Knowing God as Father)
- Book 16 A God for All Seasons
- Book 17 The Grace Connection
- Book 18 Worship His Majesty

- 3. Visit HTTI'S Bookstore** to order the additional books on *Preventing Emotional Meltdown; Overcoming Emotions that Destroy Series* which are "God's Solution for Man's Anger," "God's Solution for Man's Anxiety," "God's Solution for Man's Depression," "God's Solution for Man's Fear," and "God's Solution for Man's Guilt," as well as other books written by Jim Craddock.

Also, to learn more about the classes and seminars offered, or sign up for counseling at [www.HisTruthTransforms.org](http://www.HisTruthTransforms.org).

## ABOUT THE AUTHOR

James Henry Craddock, author, lecturer, pioneer in biblical counseling, and founder of several God-focused and life-changing ministries, came to Christ through the ministry of The Navigators on Okinawa, where he served as a nuclear weapons disposal technician. Following graduation from the University of Colorado, he joined Campus Crusade for Christ, where he ministered for 15 years to college students, speaking on more than 50 campuses each year.

In 1973, Jim founded Scope Ministries International, a ministry of biblical counseling. He has authored over 27 publications, including *Pneumanetics Original*, *Pneumanetics*, and co-authored *Be Transformed*, which continues to be used by individuals, churches and biblical counseling centers. In 1986, Jim founded the International Association of Biblical Counselors to unite the discipline of biblical counseling.

Following the Alfred P. Murrah Federal Building bombing in Oklahoma City, World Trade Center attacks in New York City, and several natural disasters, Jim wrote a Rapid Response Manual, which was used as a prototype by the Billy Graham Evangelistic Association (BGEA), to assist ministries in their disaster relief outreach. BGEA called on Jim to lead the counseling at The International Conferences for Itinerant Evangelists at Amsterdam 83, 86 & 2000 and to provide counseling at many of the BGEA Conferences around the world.

In 2006, Jim's latest calling was His Truth Transforms International. A faith-based, non-denominational 501(c)(3) ministry founded on the sufficiency of Christ and His Word.

On April 1, 2014, Jim went home to his Heavenly Father. We are so thankful that he spent his life taking biblical truths and transforming them into principles that, when applied, will transform a person's life from the inside out. Jim devoted his life to helping others know the one true God. He is greatly missed!

## **ABOUT HIS TRUTH TRANSFORMS INTERNATIONAL**

*– providing Biblical tools for effective ministry –*

**His Truth Transforms International (HTTI)** was founded in 2006 by Jim and Doris Craddock and Christi Craddock Taylor. This unique nonprofit, faith-based, non-denominational 501(c)(3) ministry was founded on the sufficiency of Christ and His Word. HTTI is designed to utilize Biblical truth in the development of material and programs that will enhance a Believer's walk with Christ and their ministry for Christ. HTTI offers personal and group counseling, classes, seminars, published books and material that will deepen a believer's personal relationship with Christ, as well as equip one to disciple others, both locally and internationally.

HTTI's heartfelt conviction is that biblical counseling must have a solid foundation in the Word of God in order to provide answers to hurting people. HTTI's goal is not to fix a person's problems, but rather to see a person transformed from the inside out through the Holy Spirit, God, and His Word.

HTTI does not charge for their counseling. The ministry is funded through the generous gifts of people who have a heart for helping others or who have been personally impacted by their lives being transformed through God's work in this ministry. Donations can be made at [www.HisTruthTransforms.org/Give](http://www.HisTruthTransforms.org/Give).